

## AT-A-GLANCE: BIOTERRORISM

### Before a Biological Threat

- Build an Emergency Supply Kit
- Make a Family Emergency Plan
  - For more info on making a kit or plan visit [ready.gov/bioterrorism](http://ready.gov/bioterrorism)
- Check with your doctor to make sure everyone in your family has up-to-date immunizations
- Consider installing a High-Efficiency Particulate Air (HEPA) filter in your furnace return duct, which will filter out most biological agents that may enter your house

### During a Biological Threat

- Watch TV, listen to the radio or check the Internet for official news and information including:
  - Signs and symptoms of the disease
  - Areas in danger
  - If medications or vaccinations are being distributed
  - Where to seek medical attention if you become ill
- If you become aware of a suspicious substance, quickly get away
- Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing.
- Depending on the situation, wear a face mask to reduce inhaling or spreading germs
- If you have been exposed to a biological agent, remove and bag your clothes and personal items. Follow official instructions for disposal of contaminated items.
- Wash yourself with soap and water and put on clean clothes
- Contact authorities and seek medical assistance. You may be advised to stay away from others or even to quarantine
- If your symptoms match those described and you are in the group considered at risk, immediately seek emergency medical attention
- Follow the instructions of doctors and other public health officials
- Avoid crowds
- Wash your hands with soap and water frequently
- Do not share food or utensils

### After a Biological Threat

- Pay close attention to all official warnings and instructions on how to proceed. Medical services for a biological event may be handled differently due to increased demand.

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### Basic groups of biological agents

- Bacteria • Viruses • Toxins

### Biological agents can be spread by:

- Spraying them into the air
- Person-to-person contact
- Infecting animals that carry disease to humans
- By contaminating food and water.

### Biological Agent vs. Biological Attack

Biological agents are organisms or toxins that can kill or disable people, livestock and crops.

A biological attack is the deliberate release of germs or other biological substances that can make you sick.

